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Times-Virginian
Appomattox, Virginia

Dear Editor:

On October 19,1975 I was honored by the Appomattox Unit of the American Cancer Society by being chosen Celebrity Kickoff Chairman of the annual Bike-a-thon.

Through the efforts of all those involved we raised $2,200. These funds are greatly needed for research and service in fighting the dread disease of cancer.

I would like to thank all those who rode in the Bike-a-thon and all those who sponsored the riders. Almost everyone has had a loved one or a friend touched by this disease, I have, and I thank you for your contributions so that someday a cure will be found.

I wish to thank individually the Pepsi Cola Company of Lynchburg, Kings Market and Travelers Inn Motel of Appomattox for donating drinks for the occasion. I also would like to thank the board members of the Appomattox Unit, the Appomattox County Rescue Squad, the Sheriff's Department of Appomattox County, and other volunteers for their unselfish cooperation and effort in making the Bike-a-thon a success.

Sincerely,

Claudia A. Gordon

HELP PREVENT FOREST FIRES IN THE SOUTH

Tops News

Barbara Mayberry, Reporter

Parents, if you have an overweight youngester, perhaps its you who are at fault. Do you urge your child to " clean his plate"; do you "reward" him with sweets; do you allow him free access to snacks between meals; do you keep a plentiful supply of "trash" foods, such as potato chips, available most of the time? If you recognize any of these bad habits, correct them at once. Of course, don't put your youngster on a strict diet all at once! Here are a few hints; instead of sweets, substitute fruit; don't get alarmed if he eats less than YOU think he should eat; try rewarding your child with praise instead of cookies. Best of all, spend some time with your child in some active pursuit. His overweight condition could possibly be a cry for attention from those he loves, so why not set aside a few minutes each day to spend with your child?.

At the October 27th TOPS meeting, Leader Doris Nash gave a talk based on the premise that you can never listen to other people who say you shouldn't try to lose weight, but try to make up your own mind about such a serious matter.

At the October 27th TOPS meeting, Doris began the program by asking all members who had cheated on their diet to raise their hand, and went on to ask how many of them had prepared a menu sheet. Doris stressed the importance of keeping an honest record of all you eat each day. She pointed out that if you feel that you must have a snack, a good low-calorie cup of popcorn containing 40 calories to the cup, might satisfy this desire.

TOPS SPOT'LIGHT this week is on Evelyn Austin, who in six weeks of joining our chapter, has reacher her **KOPS IN WAITING** status. This means that she has reached her weight goal set by her family doctor, and if she maintains her weight for 13 weeks, Evelyn will become a **KOPS (KEEP OFF POUNDS SENSIBLY).** We're proud of you, Evelyn/ Also, Evelyn was elected secretary after Phyllis Smith decided to resign. Congratulations Evelyn!

TOPS (TAKE OFF POUNDS SENSIBLY) has had a recent number of new members to join in the last two weeks! They are:Beverly Archer, Patricia Davidson, Arlene Medtc, Kathryn Morris, Sarah Robertson, Hester Shull, Marlene Simpson, Carolyn Steppe, Fannie Terry, and Sue Terry. Welcome ladies!

TOPS members lost over a total of 50 pounds this week!

FROM THE READER'S DIGEST: A housewife complained after getting on the bathroom scale: "No matter how busy I get, I always seem to find time to put on weight!". **TOPS** will hold its next meeting November 3 at the Plaza Farmer's National Bank.

FBLA Met October 21

The Future Business Leaders of America held their meeting in the Appomattox County High School cafeteria on October 21, 1975.

The meeting was called to order by Susan Hamlin, Chapter President. For this month's meeting a skit, "Mixed Communications within the Classroom", was presented by the following members: Betty Cheatham, Charlene Rush, Susan Hamlin, Janet Booth, Karen Chandler, Carolyn Winston, Robin Carter, Sue Perdue, and Thresa Garrett.

The "Who's Who" for the month of October is Susan Hamlin, Chapter President. The meeting was then adjourned.

Robin Carter, Reporter

The Pastor Speaks

SEPARATION

All true believers in the Lord Jesus Christ are called unto a life of separation from the world. The life of separation is preceded by the life of surrender. It is impossible to live a life of separation apart from a complete, unqualified, absolute surrender to the sovereign Lordship of Jesus Christ. It is the declared will of God that the believer shall yield himself to God by an act of the will.

The battleground of the Christian life is in the area of the human will. The conflict is one involving two wills: the will of the believer and the will of God. To turn over the keys of one's life to God is not easy; for it is at this point that the flesh or the old nature rebels. Whose will will reign supreme in the life? This is the issue which every true believer in Christ must face - and settle.

The words of the apostle Paul continue to exhort and challenge all Christians. In the appeal of Romans, Chapter 12 and verses 1 and 2; the picture is one of God calling the believer to His side for the purpose of making an appeal based on His merciful dealings with him through the redemptive work of Christ.

God's will for the believer involves every phase and facet of the Christian life. When the believer was saved he received new life., the life of God in Christ Jesus (John 3:36, 5:24).

There is no substitute for holiness, which is the greatest need in this hour of this age.

Rev. Don Wagner, Pastor
Rocks Baptist Church
Pamplin, Va. 23958

The Sunday School Lesson

Comments By Herbert C. Bradshaw

Lesson For November 2, 1975

FINDING SELF IN DIVINE ENCOUNTER

Scripture: Genesis 28:10-22; 32:1-33:4

Humble yourselves therefore under the mighty hand of God, that in due time he may exalt you. 1 Peter 5:6

Some years ago Time magazine published a book about Bible characters under the title. "In Our Image." It reminded us that these men and women were not perfect people, but folk very much like us, with all the weaknesses and frailties and evil we see in ourselves. Jacob is a prime example. In Jacob we see man as greedy, deceitful, evil; we also see in Jacob a man who can be used of God to His glory.

Jacob left his father's tent-home at Beersheba a partially subdued man. He was afraid that his brother Esau, whom he had tricked out of birthright and blessing, would kill him in vengeance. He was not suffently subdued, however, to make things right with Esau. Rather, he tried to run away from his problem and his trouble. When God spoke to Jacob in a dream at Bethel on his flight from Beersheba to Haran, Jacob realized that through him the covenant made with Abraham would be carried on. He saw himself as favored of God, and bargainer that he was, he bargained with God. (Genesis 28:20-22)

Though he met with a schemer of talent in his uncle Laban in Haran, Jacob came through a 20-year experience there, despite some advantage taken of him, very much on top. As he had left Beersheba because he could not remain there in safety, so now he must leave Haran because he realized that he and his uncle and father-in-law could no longer live together. So he started back to Beersheba.

On the way back, he again met God. This encounter was both judgment and blessing for Jacob. As the meeting with his brother Esau drew near, he first realized that he must make his peace with Esau and then he realized that in sinning against Esau he had also sinned against God. In his hymn of penitence after a grievous sin (Psalm 51), David declared that he had sinned against God in sinning against his fellow man. Jacob came to grips with this realization, so vividly symbolized in his wrestling with a supernatural being through the night at the ford of the Jabbok.

How many people have wrestled through nights with the realization of sinning against God in doing wrong to a fellow human being. Like Jacob, who had sent all his possessions, his servants, and his family ahead and who wrestled alone with the angel of God, so each indivdual goes through this wrestling experience alone. It reminds us that each of us stands individually and alone before the judgment of God for the wrong we do.

Some allow such an experience to alienate them decisively and permanently from God. Jacob set the better example when he used this experience to claim from it a blessing and in his persistence to receive it. So for contemporary people, such an experience of wrestling with the consciousness of having sinned against God can be directed toward turning it into blessing as Jacob did. Jacob shows that we cannot run away from trouble or from the consequences of wrongdoing over the long haul. God's visitation, as we face the reality of coping with the problem, provides the opportunity to use the experience to claim a blessing.

Jacob did not leave Peniel in the self-confidence in which he had left Bethel 20 years before. He left limping because his thigh had been put out of joint in the wrestling. Here was evidence of his weakness and his need of God's strength.

To claim the blessing one must yield in commitment to God, as Jacob did. Then he is transformed from man the deceitful supplanter into a prince of God. Jacob is the abiding evidence that God can take the worst of men and make them into His servants and agents of His purposes. But they must allow God to do it. Jacob, after his demonstration of self-sufficiency in cheating Esau and dealing with Laban and undertaking to win Esau's favor with gifts, came out of his encounter with God with a reminder of his human weakness. When we recognize that our strength is inadequate, but that God's strength can make our weakness strong, we have learned one of life's basic lessons.

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To The Citizens Of Appomattox County

It has come to my attention that some people have raised the question of my physical ability to do the job of Clerk of the Circuit Court. It is true that I have a disability which I received in the defense of my country on foreign soil. I have worked since my discharge from service twenty-four years ago without loss of time due to my disability.

If the voters of Appomattox County honor me by electing me as Clerk of the Circuit Court of Appomattox County, I promise to devote my full time to serving the people of Appomattox County in that position.

I also promise the voters and citizens of Appomattox County that if elected to this most important position, I intend to serve my full term.

R. Murrell Ferguson
R. Murrell Ferguson

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...shed. Margaret ...ne Baldwin went ...nday.

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...d Mrs. W. R. ...and Marie, of ...re visiting his ...nd Mrs. R. E. ...noon.

...artet rendered ...gospel music at ...odist Church ...Refreshments of ...e cream were

...Extension Home- ...will meet with ...on Nov. 6 at ...evenest Day for ...emakers on ...a.m.

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...e citizens went ...rum College on ...enjoyed the

...Mrs. Mary ...Annie Gen- ...hospital. ...was last over ...this morning

(Monday) when news came that our beloved friend, B. B. Harris, Sr., passed away. He was rushed to the hospital but died in a short while. Sympathy is extended the family.

High attendance Day is Sunday, Nov. 2, 1975 here at Rocks Baptist Church. Our goal is 200 or more in Sunday School. Want you help reach the high attendance goal?

Many are planning to attend the meeting at Union Hill Church on Oct. 26.

MALCOLM G. INGE

...bernard J. Haggerty, regional executive officer for Virginia National Bank's Central Virginia offices, is pleased to announce the promotion of a new Regional Collection supervisor.

Malcolm G. Inge, promoted from staff to assistant installment loan officer, will work out of the Charlottesville office. Prior to this he was Collection Manager for Virginia National in Harrisonburg.

Inge attended Appomattox High School and Virginia Polytechnic Institute and served in Korea in the U. S. Army. He is a member of A.I.B. and the Community Concert Series in Harrisonburg. He is married to the former Mary Kinzie.

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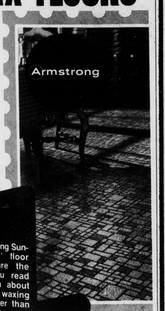

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Sliced **Smoked Picnics** lb. 89¢

Columbia - 1 Lb. Pkg. **Bacon** $1.39

Valleydale - 12 Oz. Pkg. **Bologna** 79¢

Stew Beef Boneless lb. $1.49

Armour - **Franks** 12 Oz. Pkg. 79¢

Banquet 8 oz. **MEAT PIES** 4 for $1

Garden Fresh Produce:

Bananas lb. 19¢

Jeno's Pizzas Cheese, Sausage, Pepperoni Hamburger - 13 Oz. 89¢

Richfood - **SUGAR** 5 Lb. Bag 89¢ Limit: 1-5 lb. bag with $10.00 grocery order or more

Sweet Potatoes 4 lbs. 89¢

Shortening Richfood - 3 Lb. Tin $1.39 Limit: 1 with $10.00 grocery order or more

Autocrat **Ice Cream** all flavors ½ gal. 89¢

Apples Red and Golden Delicious 4 LBS. 89¢ Trick or Treat Special

Macaroni & Chedder Dinner Golden Grain 7¼ Oz. Box 4 for $1.00

Tomato Catsup Boone County 32 Oz. Bottle 79¢

Richfood - Qtrs. **Margarine** 3 for $1 Limit: 3 lbs. with $10.00 grocery order or more.

Grapefruit Pink & White 8 for $1

Richfood - 24 Oz. Cup **Cottage Cheese** 89¢

Brown 'N Serve Rolls 3 Pkgs. $1

Coca-Colas 32 Oz. Returnable Bottles 4 for 89¢

Carrots 2 1 Lb. Bags 35¢

Halloween Candy Trick or Treat

Mrs. Smith's Pies Pumpkin 26 Oz. 79¢ Mince Meat 26 Oz. 99¢

Pears lb. 29¢

Nabisco Premium - 1 Lb. Box **Saltine Crackers** 59¢

Borden's - For Coffee - 16 Oz. Jar **Cremora** 89¢